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Wellness is Your Own Best Investment!

Four years ago, I decided it was time for a lifestyle change. I was eating poorly, not exercising and 70 pounds heavier. These factors were compounded by my family's history of heart disease. I already had high cholesterol levels and wanted to minimize the doses of medicine to control those levels. My wife encouraged me to increase my physical activity and to show her support, became my exercise partner.

I started out by walking 20-30 minutes a day. This eventually turned into running. Currently, my physical activity has progressed to running 4-4½ miles, 5-6 times per week. I also incorporate weight training three times per week.

My eating habits have also undergone some changes. I have placed greater emphasis on portion control, while increasing my consumption of fruits and vegetables. The focus of my diet is to eat less quantity, but more frequently. Smaller, more frequent meals keep me feeling fuller and keep my metabolism elevated throughout the day.

There has been a positive impact on my quality of life. I feel 20 years younger. My energy level is so much higher than it used to be. I truly feel good every day. Along with helping to maintain a healthy weight, the exercise helps keep my stress level to a minimum. Exercise does as much for my mental health as it does for my physical health. I now look forward to a good workout!

It is extremely important to take your health seriously. There is no time better spent than staying active, eating right, and living a life minimizing medical problems. It is the most important thing you can do for not only yourself, but also your family.

The **wellnesoptions** program offered to State of Nebraska employees helps keep me accountable. It has a variety of programs that can keep you motivated. The program provides a variety of excellent health information. It is very important that the State provides this program. It provides the tools I need to keep me on track, continuing to exercise and eating the proper foods.